



cords of
HOPE

A cord of three strands
is not easily broken.

Ecclesiastes 4:12





Hi Friend,

It's been forty years since we first opened our doors, and our walls could tell some amazing stories.

In celebration of our 40th anniversary, it is our joy and honor to share this booklet that tells the stories of several different clients combined into two characters. As a medical clinic, we are HIPAA compliant.

As a faith-based organization, we believe every person is made in the image of God. One way that we honor this is by understanding that our clients' stories are sacred.

Join Nicole as she shares her experience walking through an unplanned pregnancy, and David as he shares the story of him and his family. While these two stories are not direct quotes, they encapsulate the situations, emotions, and reality of the amazing clients we have been able to serve here at Hope Clinic thanks to your generous support.

With Gratitude,

A handwritten signature in black ink that reads "Kailey Cornett".

Kailey Cornett
Hope Clinic for Women CEO

[Note: All identifying factors have been changed to protect the identities of Hope Clinic clients. This is a compilation of stories from several different clients that are tied into two characters.]



Nicole's story

I didn't expect to be a mom, not the first time, and definitely not the second time. I guess you just never think it's going to be you.

At first, when I saw the positive test, I couldn't breathe. It didn't seem real. I had finally left my ex-boyfriend's house a few months ago, because he was abusive. But now I didn't have a great living situation. I was flooded with concerns and fears about this pregnancy that overwhelmed me.

I turned to a coworker for support. Trying to help, she gave me some plan c pills that she had in her purse. But something just didn't sit right. Did I really want to end this pregnancy? Wanting to talk to someone I trusted, I called my friend, Alyssa, who told me about Hope Clinic for Women.

Alyssa came with me to Hope Clinic. It was so nice to have her by my side, especially after everything that had happened with my ex. I was in an abusive relationship for such a long time, leaving me with few friends. But Alyssa never left. If it wasn't for her, I don't know what I would have done.

“At first, when I saw the positive test, I couldn't breathe.

It didn't seem real.”

At Hope Clinic, the nurse and counselor were so welcoming. They were totally fine with Alyssa coming back with me, and they even had toys for my little girl to play with in the lobby!

First, I met with a counselor. I already had one baby, so I knew most of my options. But the woman there just let me talk. It was amazing to sort out my thoughts and emotions out loud without any judgment.

“It was amazing to sort out my thoughts and emotions out loud without
any judgment.”

Next, the nurse came in. I told her about my friend who took the abortion pill. My friend said that it gave her a lot of pain, pretty much felt like giving birth. And I would have to do it by myself, so I was unsure how I could handle that with a 2-year-old. The nurse explained what would happen to my body if I took the pill. She was honest, but also so kind. I was anxious to even talk about it, but she answered like she knew exactly what I was going through. I learned that figuring out how far along I was was important to the process, so I got a free ultrasound. Seeing the ultrasound, something clicked in my brain. I knew I had to figure out how to make this work.



That’s when the counselor explained the Bridge Program.

At this point, my daughter and I were in unstable housing, trying to get our life back together after leaving my ex. Hearing all the resources that Hope Clinic would offer us helped me feel safe and supported.

One of the things I didn’t expect to find at Hope Clinic was free counseling from licensed counselors. I was so grateful for my baby boy, but I was still struggling through the grief and fear from my past relationship. I knew that to be a good mom to my children, I needed help to process what I’d been through.



The counselor I saw was incredibly kind, and we clicked immediately. I was able to talk through what was going on, and she also helped empower me with coping mechanisms. I want to pass along everything that I am learning in counseling to my children. I want them to know that if they make mistakes, if they choose the wrong person, that doesn’t make them a bad person. I want them to understand that they can pick themselves up if they fall, and become even stronger than before.

I went into this second pregnancy feeling completely overwhelmed. But Hope Clinic for Women was there for me. It felt like home when I had to leave my home. It felt safe. And the resources they provided for me helped me feel confident to parent both of my little ones.

Now I am living in an apartment with my two kids. I still come back to Hope Clinic for my well-woman exams. I even pitch in when I can, dropping off old baby clothes for the next mom who needs help. And beyond that, I feel like a better version of myself because of the help, support, and care I received at Hope Clinic.

“Hope Clinic for Women was there for me. It felt like home when I had to leave my home. *It felt safe.*”



David's story

I recently moved to Nashville with my wife and our oldest son. The last thing we were expecting during this move was another child.

It'd been so long since we had our last child, it felt like we had forgotten everything — where to go, who to call, and most importantly, who we could trust.

As my wife was researching where to go for a free pregnancy test, she found Hope Clinic. During her Bridge intake appointment, she was overwhelmed with how everyone cared for her. They went above and beyond anything we expected. We thought they only provided pregnancy tests, but they talked about parenting classes, diapers, baby clothes, wipes, and even car seats that they could provide for free.

At the appointment, they set up the online portal with us and gave us access to a variety of classes. They even set my wife up with a counselor to talk through some struggles she had during her last postpartum experience that were causing some anxiety about this new baby.

“During her Bridge intake appointment,
she was overwhelmed with how
everyone cared for her.”

I also wanted to be a part of the program to learn how to be the best dad possible. They set me up with a mentor, and I am so glad they did! Logan, my Bridge mentor, walked with me every step of the way. He helped me understand what resources I may need for the new baby, helped me find a church close to home, and was a shoulder to lean on during the difficult moments of parenting. Now he's more than a mentor. He is a friend.



There's a saying – It takes a village to raise a child. I agree. Hope Clinic helped me build that village.



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Hope Clinic for Women served 1,300 families in 2023, and educated over 2,600 students.

Our goal this holiday season is to raise \$280,000 so that we can continue to be the cords of hope for families like these ones.

Donate...pray...and share...to weave cords
of hope in our community.

**To give online, scan the QR code or visit
[hopeclinicforwomen.org/cords of hope](https://hopeclinicforwomen.org/cords-of-hope)**



HOPE CLINIC

for women

a Safe Place for Tough Choices



Hope Clinic offers a range of comprehensive services to serve clients dealing with a variety of issues including physical, clinical, emotional, practical and spiritual needs. Our services include:

Pregnancy

- Initial consultation: pregnancy tests, options counseling*
- Follow up care: 1st prenatal ultrasound, education, resources
- Bridge program: case management, material assistance, mentorship, counseling, education

Prevention

- Well-woman exam and related problem visits (STI, etc)
- Relationship Education for youth, parents, educators, youth leaders
- Adolescent medical consult

Counseling

- Post-abortion support group
- Pregnancy loss (miscarriage, stillbirth, infant death)
- Postpartum depression (PMADs)
- Healthy relationships

*We do not perform or refer for abortions.



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hopeclinicforwomen.org